



FIGURE 1

	Per 100 g	Per 35 g
Gross Calorific Value	1787 kj	625 kj
	425 kcal	149 kcal
PROTEIN	14 g	4.8 g
CARBOHYDRATE	57 g	20 g

FIGURE 2A

	Per 100 g	%RDA	Per 35 g	%RDA
VITAMIN E	13 mg	130	4.6 mg	40
VITAMIN C	120 mg	200	4.2 mg	70
VITAMIN B1	4.0 mg	286	1.4 mg	100
VITAMIN B6	4.0 mg	200	1.4 mg	70
NIACIN	12.0 mg	44	2.8 mg	16
PANTOTHENIC ACID	12.0 mg	44	4.2 mg	70

FIGURE 2B